

CONNECT, CHAT, AND LAF



FREE TELEPHONE PROGRAMS



NOVEMBER 2023

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
		1 Back in Time: It Happened in November 10:30 - 11:00am	2 Around the World: Día de los Muertos- Mexico's Day of the Dead 10:30 - 11:00 am	3 Fun Friday: Tounge Twisters 10:30 - 11:00 am
6 Music Monday: Requests 10:30 - 11:00 am	7  Casual Tuesdays: Fact or Fiction 10:30 - 11:00am	8 Biographies: The Dion Quintuplets 10:30 - 11:00 am	9 Back in Time: Vinyl Café- Short Stories 10:30 - 11:00am	10 Fun Friday: Who Am I? November Birthdays 10:30 - 11:00 am
13 <u>NO</u> PROGRAMS 	14 Casual Tuesdays: My Time in the 519 10:30 - 11:00 am	15 Hot Topic: 20 Questions Can You Guess It? 10:30 - 11:00am	16 Armchair Travel: Portugal 10:30 - 11:00am	17 Fun Friday: Canadian Trivia 10:30 - 11:00 am
20 Motivate Me Monday: World Kindness Day 10:30 - 11:00 am	21 Casual Tuesdays: Table Topics 10:30 - 11:00 am	22 Back in Time: Canada History Week 10:30 - 11:00am	23 Hot Topic: Word Play 10:30 - 11:00am	24 Fun Friday: Just Joking 10:30 - 11:00 am
27 Music Mondays: Name That Tune 10:30 - 11:00 am	28 Casual Tuesdays: Whodunit Mysteries 10:30 - 11:00am	29 Hot Topic: World TV Day 10:30 - 11:00 am	30 Back in Time: Inventors Day- Canadian Inventions 10:30 - 11:00am	

Please call

519-254-1108 or visit
www.lifeafterfifty.ca
for more information.

**Follow-up registration is
required.**

- 1.) At the scheduled time of program, dial: **STEPS TO
CONNECT**
- 2.) Enter the 6 digit PASSCODE:
220607#
- 3.) Record your name and then press #



LIST OF PROGRAMS

Armchair Travel

Join this armchair travel activity that includes everything you need to be transported into a whole new world!

Around the World

Do you enjoy learning about different cultures and countries? Join us to delve into different parts of the world!

Back in Time

Do you like thinking back to the good ole' days? Join us as we reminisce our past through events and stories.

Biographies

Join us as we explore the life and legacy of some very interesting people. This month, The Dion Quintuplets!

Casual Tuesdays

Looking for a more laid-back social session? Look no further! Join us on Tuesday for an enjoyable time!

Fun Friday

Join us for some brain fitness and fun before the weekend. With a variety of activities you don't want to miss!

Hot Topic

Join in on the conversation! We will give you the facts and latest insight on the topic of the day to create a memorable learning experience, along with fun conversations!

Motivate Me Monday

Every other Monday we'll be chatting about topics and people that might motivate us!

Music Mondays

Would you like to sing along with others? Join us every other Monday as we explore the wonderful world of music.



REMEMBER TO TURN YOUR
CLOCK BACK 1 HOUR ON
NOVEMBER 5!